

Rehab **Connects**



FLINT

The newsletter for friends of McLaren Flint | February 2015

February is Brain Injury Awareness Month



A traumatic brain injury (TBI) is a blow, jolt or bump to the head or a penetrating head injury that disrupts the normal function of the brain.

Since anyone can sustain a brain injury at any time, it is important for everyone to have access to comprehensive rehabilitation and ongoing disease management. Doing so eases medical complications, permanent disability, family dysfunction, job loss, homelessness, impoverishment, medical indigence, suicide and involvement with the criminal or juvenile justice system. "Access to early, comprehensive treatment for brain injury also alleviates the burden of long term care that is transferred to tax payers at the federal, state and local levels," states Dr. Brent Masel, National Medical Director for the Brain Injury Association of America.

For individuals who sustain a brain injury early access to comprehensive care is important.

McLaren Flint is the only system in Genesee County to offer a full continuum of care: Emergency Department, Acute Care, Inpatient Rehabilitation Facility (IRF), Home Care and McLaren Neuro Rehab Institute (MNRI) which offers comprehensive outpatient therapy services.

McLaren was the first IRF in Genesee County. Our program offers 12 beds located in our newly remodeled and state of the art unit. Brain injured patients benefit from an IRF receiving:

- ✦ 24 hour physician oversight
- ✦ 24 hour Rehabilitation RN oversight
- ✦ Minimum of 3 hours per day therapy services
- ✦ Team conferences involving the patient and family
- ✦ Comprehensive interdisciplinary services: rehabilitation physicians, consulting physicians, rehabilitation nurses, physical therapists, occupational therapists, speech pathologists, therapeutic recreation specialists, social workers, psychologists, support staff, pharmacists and dieticians.

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Here are some eye opening facts about brain injury:

- ✦ 1.7 million people, including 475,000 children, sustain a TBI in the U.S. each year. 3.1 million individuals live with life-long disability as a result of TBI.
- ✦ 52,000 people will die. 275,000 people will be hospitalized. 1.365 million people will be treated and released from an emergency department.
- ✦ TBIs are caused by falls (35%); car crashes (17%); workplace accidents (16%), assaults (10%), and other (21%).

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Ask the Expert

Sunita Tummala, MD
Board Certified, Neurologist

Q&A with Sunita Tummala, MD

Board Certified, Neurologist

Question 1

What is a Neurologist and how can a Neurologist help someone with a brain injury?

Answer 1

A neurologist is a medical doctor with specialized training in diagnosing, treating, and managing disorders of the brain, spinal cord, muscles, and nerves.

A neurologist is specifically trained to identify brain disorders and can help individuals who have suffered a brain injury.

Question 2

What does “neuroplasticity” mean?

Answer 2

The brain’s ability to reorganize itself by forming new nerve connections throughout life. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

Brain reorganization takes place by mechanisms such as “axonal sprouting” in which undamaged axons grow new nerve endings to reconnect neurons whose links were injured or severed. Undamaged axons can also sprout nerve endings and connect with other undamaged nerve cells, forming new neural pathways to accomplish a needed function.

For example, if one hemisphere of the brain is damaged, the intact hemisphere may take over some of its functions. The brain compensates for damage in effect by reorganizing and forming new connections between intact neurons. In order to reconnect, the neurons need to be stimulated through activity.

Question 3

Does therapy play a role in the treatment of someone with a brain injury?

Therapy plays an important role in the treatment of brain injury. It helps to repair and form new nerve pathways.

Question 4

What are the most common injuries to the brain?

Head injuries are injuries to the scalp, skull, or brain caused by trauma. Concussions are the most common type of brain injury. A concussion is a type of traumatic brain injury (TBI) that happens when the brain is jarred or shaken hard enough to bounce against the skull. Other types of injuries include an epidural or subdural hemorrhage, skull fracture and penetrating injuries.

Question 5

What would you like the community to know about a brain injury?

Answer 5

The brain—like other organs—bruises and swells from impact injuries. Such injury can also severely limit blood-flow and deprive tissue of vital oxygen, which may cause cell death and brain damage that can be irreversible. Working together, neurologists and therapists can accurately diagnose and administer TBI treatments that are proven to decrease deaths and improve outcomes.



Looking Back... and Looking Forward

It's that time of year when you take a few moments to look back and to look forward. Looking back, I hope 2014 was a good year for you, your family and your patients. Professionally, it was a challenging year with the demands of health care reform yet rewarding with the positive impact you made on

"I would like to encourage you to "Choose Wisely" in both your personal health decisions and for your patients' treatment decisions."

**- Lori Walters
Director Rehab Services**

improving your patients' health. Looking forward, The American Board of Internal Medicine (ABIM) Foundation is trying a new approach to improving health care. This approach is the "Choosing Wisely" campaign. This campaign aims to encourage dialogue among patients, health care professionals, and the community at large about the costs and benefits of health care.¹ Since the campaign's inception, more than 60

medical societies and 15 consumer groups have developed lists of "Five Things" lists.¹ I would like to encourage you to "Choose Wisely" in both your personal health decisions and for your patients' treatment decisions. Here are three questions to ask:

- ⌘ Is the treatment you provide evidence-based?
- ⌘ Is the treatment you provide effective, specific, progressive and functional?
- ⌘ What are the "Five Things" your profession recommends?

Source: 1. Choosing Wisely: an initiative of the ABIM Foundation. Choosing Wisely website. Published 2014; updated 2014. Available at <http://www.Choosingwisely.org/>



Director's Corner

Lori Walters
Director Rehab Services

Recognitions

Vera Szram-Senyk, Supervisor at McLaren Neuro Rehab Institute, was presented with a Distinguished Service Award by Michigan Lean Consortium (MLC) for her contributions to MLC. The Michigan Lean Consortium is a non-profit organization dedicated to spreading lean principles throughout every public and private sector industry in Michigan. MLC firmly believes that by educating others about lean principles and tools, they can help make Michigan the best place in the country to live, learn and earn.



Vera Szram-Senyk

Kelli Baker, Senior Physical Therapist at McLaren Neuro Rehab Institute, has accepted a part-time position at Mott Community College in the Physical Therapist Assistant program starting in January of 2015. She will be teaching an introductory course on the physical therapy profession. By teaching, Kelli hopes to reinforce the fundamentals of physical therapy while contributing to the training of new PTA's.

Kellie Stites, Recreation Therapist at McLaren Neuro Rehab Institute program, received recognition from the National Council for Therapeutic Recreation Certification, for 25 years of service and professional commitment as a Certified Therapeutic Recreation Specialist.

Cardiac Rehab Week is February 8-14, 2015

The week's motto is: A Work of Heart - Cardiac Rehabilitation

By Gai Clemmer, Manager Cardiac Rehab

I would like to recognize McLaren Flint's outstanding Cardiac Rehab Specialists: Elizabeth Birchmeier, Eric Garty, Tiffany Kostus, Rachelle Kviz, Page LeRoy, Chad Maynie, Kevin Price, Shana Silvia, and Tonya Smith. All of these individuals are awesome employees, knowledgeable, professional and passionate about their chosen field. They make up an excellent team that provides a great Cardiac Rehab experience for all of our patients. Recent accomplishments that this team has been involved with include: initiating a fragility test for all Cardiac Surgery patients, writing and editing a new cardiac education booklet for all in-patient heart patients, and developing an algorithm to help physicians



Front row (l-r): Tonya Smith, Kevin Price, Christina Lafata (business office). Back row (l-r): Page Leroy, Shana Silvia, Sarah Powers (former employee), Elizabeth Birchmeier, Gai Clemmer (Supervisor), and Eric Garty.

with guiding CHF patients into Cardiac Rehab. If you have an opportunity, wish McLaren Flint's Cardiac Rehab team a special day during this special week.

February is American Heart Month

Simple 7 Ways for Women to Control Risk of Heart Disease

1. Get active
2. Control cholesterol
3. Eat better
4. Manage blood pressure
5. Lose weight
6. Reduce blood sugar
7. Stop smoking

February is Recreational Therapy Month

What do Recreational Therapists do?

A recreational therapist utilizes a wide range of activity and community based interventions and techniques to improve the physical, cognitive, emotional, social, and leisure needs of their clients. Recreational Therapy aims to improve an individual's functioning and keep them as active, healthy and independent as possible in their chosen life pursuits.¹

Recreational Therapy at McLaren

McLaren Rehabilitation Services employs two Recreational Therapists, one on the Inpatient Rehab Unit and the other at the NeuroRehab Institute. Therapeutic interventions include modification of previous leisure interests such as card playing, crafts, and outdoor sports. The Recreational Therapists also teach new leisure interests and utilize technology, such as an I-pad, as a therapeutic tool. The Recreational Therapy department developed and coordinates the only Flint area Adaptive Golf Program.

Why integrate leisure into your rehab program?

Research indicates that leisure activities could play an important role in recovery after TBI (or other illness/injury). People can improve physical fitness, cope with stress, build self-esteem, find companionship and increase life satisfaction through participation in leisure.²

1. Definition of Recreational Therapy - American Therapeutic Recreation Association.

2. Specht J, King G, Brown E, Foris C. The importance of leisure in the lives of person with congenital physical disabilities. *Am J Occup Ther* 2002;56:436-45

NRI Therapists Present at the First Annual Brain Injury Association's Quality of Life Conference



Kelli Baker, PT, Laurie Dimambro, SLP, and Kellie Stites, CTRS presented on "Beyond the Apps - Functional Integration of Technology as Part of an Interdisciplinary Approach." The therapy staff at NRI has been integrating I-Pads into the clinical setting.

Technology plays a beneficial role in the rehabilitation process, which the client can utilize in their home, work and community.

March is Social Work Month

"The primary mission of the social work profession is to enhance human wellbeing and help meet the basic needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty." (NASW Code of Ethics). Guiding principles include the client's right to self-determination, building on a client's strengths, and the effects of the environment on that person, just to name a few. Social workers address these goals in a wide range of settings and approaches, including providing over 50% of the mental health services in the U.S.

McLaren Rehabilitation Services has social workers on inpatient Rehab and Neuro Rehab Institute. Social Work assists clients and families with the social-emotional adjustment to their

condition. Adjustment is facilitated through education, support, and counseling to assist individuals in understanding and adjusting to disabilities and lifestyle changes brought about by their medical condition. Treatment areas include adjustment to neurological medical conditions, chronic health and disability issues, behavioral pain management, PTSD from auto accidents, depression and anxiety disorders, aging and caregiver issues. Social Work also provides assistance with discharge planning resource and referral needs.



Back to Life Education Series

Open to the community and held at two locations:

McLaren Physical Therapy and Sports Medicine Bristol Clinic, G-4466 Bristol Road, Suite B, Flint. For more information please call 810-342-5350.

McLaren Physical Therapy & Sports Medicine Davison Clinic, St. John Family Center, 505 North Dayton Street, Davison. For more information please call 810-658-5631.

Acknowledgments

Rehab Services Newsletter Committee would like to thank the following individuals who contributed to our February Issue:

- ✦ Gai Clemmer
- ✦ Kellie Stites
- ✦ Vera Szram-Senyk
- ✦ Lori Walters
- ✦ Margaret Moody Ulmer
- ✦ Catherine Talley

New Employees and Promotions

New Employees

McLaren NRI welcomes Physical Therapist, **Tracy Sweeney, PT, DPT**. Tracy received her Doctorate degree at U-of-M Flint.



Tracy Sweeney, PT, DPT

She completed her clinicals at U-of-M Health Systems - MedSport, Owosso Memorial and Urban Health & Wellness Center-Flint. She has experience in sports medicine, wound and acute care, as well as outpatient orthopedic. Tracy also has been Peer-Reviewed published in the *National Journal of Public Health* and provided national research presentations in the field of Neurological Physical Therapy. When asked why she chose this profession, she stated, "Physical Therapy, and specifically Outpatient Neuro, is rewarding in so many ways including forming close relationships, making a positive impact on others, and room for personal growth in knowledge and skill-set."

McLaren NRI also welcomes Patient Service Representative, **Lisa M. Miller**. Lisa was the Office Manager at Brighton Physical Therapy. She also worked at Leaps and Bounds Therapy Service as a Patient Service Representative. Lisa lives

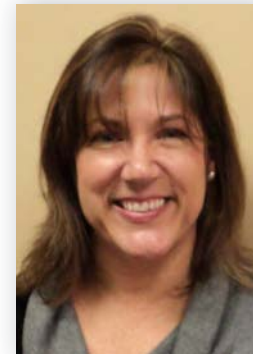
in Howell and is married with four children and four grandchildren. When asked why she chose this profession she stated she, "Enjoys working with people."



Lisa M. Miller

Promotions

The NRI program would like to congratulate Patient Service Representative, **Denise Papak**, for her promotion to Coordinator - Satellite



Denise Papak

Business Office. Denise began with McLaren in Lapeer with McLaren Medical Group and then went to McLaren Flint Patient Registration. Denise says that she chose this profession because

she, "Loves working with people and helping in any way I can. I feel so lucky to work with a great team of professionals that have great compassion for what they do!" Her fellow co-workers at NRI are going to miss Denise, but congratulate her on her new position.

Wedding

McLaren NRI congratulates **Connie Fitzpatrick Zuba**. Connie celebrated her marriage to Jeremy on October 4, 2014. Connie and Jeremy, who is also a physical therapist, honeymooned in Mexico and are starting their new life together in Clarkston.



February is Brain Injury Awareness Month

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Members of IRF and MNRI are nationally certified Brain Injury Specialists through the Academy of Certified Brain Injury Specialists, Brain Injury Association of America.

MNRI provides comprehensive specialized outpatient services to help individuals overcome disabilities associated with neurological conditions such as CVA, Brain Injury, Parkinson's, Spinal Cord Injury and other conditions. The team consists of Occupational Therapy, Physical Therapy, Speech and Language Therapy, Recreation Therapy, and Social Work. With their specialized training, skills and experience they address individuals who experience difficulty with swallowing, speech, thinking, mobility, balance, visual perception, daily living skills, driving, support, emotional adjustment to injury, leisure skills and other issues. The program has access to a Neuropsychologist who works with patients to understand and cope when their brain injuries are affecting their behavior.

MNRI co-hosts the Brain Injury Association's Flint chapter support group the fourth Thursday of every month from 6-8 p.m. and Social Worker, Margaret Moody Ulmer also provides a weekly support group for patients of MNRI.

For more information or to schedule a tour, please contact MNRI at 810-342-4220 | mclaren.org/flint.



Meet the McLaren NRI Staff

Front row (l-r): Catherine Talley, OTRL; Helen Gerhardt, OTRL; Megan Bohlinger, MA, CCC-SLP; Laurie Dimambro, MS, CCC-SLP; and Rachael Williams, MA, CF-SLP. Middle row (l-r): Denise Papak, Patient Service Representative; Kristen Daniels, OTRL; Vera Szram Senyk, MS, OTRL, Supervisor; Christina Howell, MA, CCC-SLP; Andrea Lindszuhn, Patient Service Representative; and Danielle Price, Patient Service Representative. Back row (l-r): Kelli Baker, DPT; Laura Torian, OTRL; Margaret Moody-Ulmer, LMSW, ACSW; Karen Boyer, MPT; Connie Zuba, DPT; Tracy Sweeney, DPT; and Kellie Stites, CTRS.

10 Ways to Prevent a Head Injury

1. Never shake a child
2. Install window guards to keep children from falling out of open windows
3. Install shock-absorbing material on playgrounds
4. Wear helmets during sports or cycling
5. Wear seatbelts in cars and drive carefully
6. Avoid falls by using a stepstool when reaching for high items
7. Ensure a safe home environment: good lighting, remove area rugs, keep hallways clear
8. Install handrails on stairwells and in bathroom
9. Don't use illegal drugs and drink alcohol only in moderation
10. Never drink and drive

Source: www.medicinenet.com/brain_damage_symptoms_causes_treatment

Find Us in Your Community...

McLaren Flint Outpatient Site List



McLaren Flint

401 South Ballenger Highway
Flint, MI 48532
Phone (810) 342-2356
Fax (810) 342-3652



Davison St. John Family Center

505 North Dayton Street
Davison, MI 48423
Phone (810) 658-5631
Fax (810) 658-7732



Cardiac Rehabilitation

401 South Ballenger Highway
Flint, MI 48532
Phone (810) 342-4215
Fax (810) 342-5599



Fenton Shoppes at Silver Chase

4045 Owen Road
Fenton, MI 48430
Phone (810) 750-2222
Fax (810) 750-2978



Flint Bristol Place

Physical Therapy
Suite A
4466 West Bristol Road
Flint, MI 48507
Phone (810) 342-5350
Fax (810) 342-5362



Flushing Therapy Services

2500 North Elms Road
Suite A
Flushing, MI 48433
Phone (810) 342-5550
Fax (810) 342-5589

McLaren Neuro Rehab Institute
Suite B
Phone (810) 342-4220
Fax (810) 342-4436



Upcoming Classes and Support Groups

Stroke Education Support Group

Open to the community and held on the first and third Wednesday of each Month from 3:30-5:00 pm at McLaren Neuro Rehab Institute on G-4466 Bristol Road, Suite A, Flint.

For more information please call McLaren Neuro Rehab Institute at 810-342-4220.

Brain Injury Support Group

Open to the community and held on Thursdays from 1:00-2:00 pm at McLaren Neuro Rehab Institute on G4466 Bristol Road, Flint.

For more information please call McLaren Neuro Rehab Institute at 810-342-4220.

Brain Injury Association of Michigan Flint Chapter Meeting and Support Group.

Open to the community and held on the fourth Thursday of each month from 6:00-8:00 pm.

For more information please call Ron Krueger at 810-953-9854 or Helen G. at McLaren Neuro Rehab Institute at 810-342-4220.